

# FactSheet

Para Su Información

## Mumps

### **What is mumps?**

Mumps is an illness caused by a virus. The virus multiplies in the nose and lymph glands before spreading to other areas of the body including the salivary glands, pancreas, testes and ovaries.

### **Who gets mumps?**

Anyone who has not been vaccinated and has been in direct close contact with someone who has mumps can catch the virus.

### **What are the symptoms of mumps?**

People exposed to the mumps virus may not become ill, or they may have one or more symptoms. Swelling of one or more of the salivary glands and lymph nodes close to the jaw commonly occur. Other symptoms may include muscle pain, loss of appetite, tiredness, headache, and low-grade fever.

### **How soon after exposure do symptoms appear?**

The symptoms usually appear within 14 to 18 days after contact with the virus, but it can range between 12 and 25 days.

### **How is it spread?**

Mumps is spread by breathing in the virus after an infected person coughs or sneezes near you, or by coming in direct contact with the saliva of an infected person. People who are infected but not having symptoms are also able to transmit the virus.

### **How long can an infected person spread this virus?**

An infected person can spread the illness starting from 3 days before until up to 9 days after symptoms begin.

### **Where does mumps occur?**

The mumps virus has been found worldwide.

### **How is mumps diagnosed?**

Mumps is diagnosed by the signs and symptoms of the patient, and by laboratory tests that can find the virus in saliva, urine, or cerebrospinal fluid.

### **What is the treatment for mumps?**

There is no specific treatment for mumps.

### **Should people with mumps be excluded from work or school?**

People with mumps should be excluded from child care facilities, work, school, sensitive occupations, public gatherings, and from contact with any non vaccinated person. The exclusion should last for at least nine days after the onset of swelling of the lymph nodes or salivary glands.

### **What are the complications from mumps?**

Complications can include meningitis (inflammation of the covering of the brain and spinal column), swelling of the testicles or ovaries, inflammation of the pancreas, and deafness.

**continued**

### **How can mumps be prevented?**

The mumps vaccine which is part of the MMR vaccine can prevent this disease. It is recommended that all people over 1 year of age who have not had the illness be vaccinated against mumps. The MMR vaccine is available at health district locations throughout the valley. For locations and hours of operation, call 759-1000 or visit the health district's website at [www.SouthernNevadaHealthDistrict.org](http://www.SouthernNevadaHealthDistrict.org).

### **Where can I get more information?**

Contact your doctor or the Southern Nevada Health District, Office of Epidemiology at (702) 759-1300.



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**Updated 12-07**